

ALL IN ONE BREAKFAST BAKE

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving = 1 piece)

Nutrition (per serving)

Calories: 109

Total Fat: 4 g

Saturated Fat: 1.5 g

Sodium: 157 mg

Total Carbohydrate: 6 g

Dietary Fiber: 1 g

Protein: 8 g

Ingredients

- 1 ½ cups uncooked hash browns
- Non-stick cooking spray
- 1 Tablespoon canola oil
- ½ cup shredded carrots
- ½ cup onion, chopped
- ½ cup green pepper, chopped
- ½ cup frozen spinach, drained and squeezed
- ¼ cup part-skim ricotta cheese
- ½ cup part-skim shredded mozzarella cheese
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon garlic powder
- ¼ teaspoon curry powder
- 1 ½ cup egg substitute

Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. Flatten hash browns in a large skillet and cook until golden brown on both sides. Place in bottom of sprayed pie pan.
3. In the same skillet, sauté all vegetables in canola oil except spinach.
4. In a medium bowl, mix sautéed vegetables, spinach, both cheeses and spices. Spread over hash browns.
5. Pour egg substitute on top of the veggies and hash browns all the way to the edges of the pie pan.
6. Bake for 30 minutes or egg is cooked.